



Monthly Matters from The Maple Center

September 2009

1801 North Sixth Street, Suite 600, Terre Haute, IN 47804 Phone (812) 234-8733

Not just a saying ... "An apple a day keeps the doctor away"
is a reminder that we have the choice to participate in our own health care.



If you are a CANCER PATIENT/SURVIVOR OR HAVE A CHRONIC ILLNESS diagnosis, you are invited to register for the following programs.

Mind-Body Life Skills, Tai Chi & Yoga

The three programs have been selected based on their positive impact on the lives of those who are cancer survivors or undergoing treatment for cancer and chronic illnesses. Participants will learn mind-body tools for self care and stress management that support their healing and health.

Participants in the **The Center for Mind-Body Medicine Life Skills** program will learn the scientific basis for mind body medicine through hands-on experiences that explore tools for self care and stress management including: meditation; guided imagery; biofeedback and autogenic training; breathing and movement; self expression through words and drawing.

Participants in **Tai Chi** will learn to use the mind-body tools of breath, balance and mindfulness through gentle movements and to apply the tools to their daily lives. This tai chi form was created for those with arthritis/ chronic pain. Past participants have reported that benefits of practicing Tai Chi include: improvement in posture, balance, flexibility, balance, sleep, relaxation, blood pressure, glucose count, lymph edema and general well being.

Participants in **Yoga** will learn a gentle approach to restore range of motion, relieve tension, and bring a sense of calm and well-being into one's life. Through this gentle approach, which is adaptable for people with arthritis or chronic pain, the participant can begin to rebuild physical strength, stamina, and flexibility. Past participants have reported that benefits of yoga include: increased flexibility; improved balance, physical strength and function.

WHAT IS UNIQUE ABOUT THE MAPLE CENTER PROGRAMS?

Instructors are experienced and trained to make accommodations for cancer patients/survivors and those who have chronic illnesses. The Maple Center instructors will assist you with adaptations to meet your individual needs.

FEE

\$50.00 per six weeks session.

Susan G. Komen for the Cure Foundation provides scholarships to breast cancer patients and survivors.



LOCATION

The Hux Cancer Center will host the upcoming programs for cancer patients/survivors and those with chronic illnesses. Use the elevator to the basement classroom to the left of the elevator.

REGISTRATION

For program information and registration call **The Maple Center: 812-234-9733.**



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Calendar Connection

The Maple Center
Registration: 812-234-8733

Tai Chi for Health

Tuesday Classes, Sept. 15 for 6 Weeks
6:30-7:30 PM
Landsbaum Center for Health Education
Fee: \$50.00

Wednesday Classes, Sept. 16 for 6 Weeks
6:30-7:30 PM
Terre Haute Regional Hospital Outpatient
Therapy Facility
Fee: \$50.00

Natural Childbirth Classes

2nd and 3rd Saturdays Monthly
1-4 PM Fee \$50.00

Music Therapy

Tuesday Afternoons By Appointment
Fee: \$50.00 per 50 Minute Session
Call 812-249-4290

PROGRAMS

**Cancer Patients/Survivors
& Patients with Chronic Illnesses
Center for Mind-Body Medicine:
Daily Living Skills**

Mondays, 5:30-7:00PM
Starts Sept. 14 for 6 Weeks
Fee: \$50.00

Tai Chi: Mondays and Thursdays
4-5 PM
Starts Sept. 14 for 6 Weeks
Fee: \$50.00

Yoga: Saturdays, 10-11:30 AM
Starts Sept. 19 for 6 Weeks
Fee: \$50.00

**For Registration Call The Maple Center:
812-234-8733**

*Scholarships for Breast Cancer Patients/
Survivors through a grant from*



Mindful Moments for Everyday Living: Feline Wisdom



Cats demonstrate contentment by kneading their paws on a blanket or cloth.

Upon awakening – take a deep breath by extending out your abdomen and then exhale - repeat three times.

Begin your morning stretch by gently extending and contracting your toes and fingers as if you were kneading dough – repeat 3 times.

Be present to the here and now; feel your breathing, feel your movements.

Be content to the here and now.

Extend the experience by saying a phrase aloud as you stretch- for example: "I am content."

*Choose to enjoy a mindful moment
in your life every day!*

Submitted by

*Melissa Dominguez Geib, MEd, Executive Director
Roy W. Geib, PhD, The Maple Center Board Member*

Mark Your 2009 Calendar!

- Sept. 24-26** Terre Haute Street Fair & Arts Fest
Visit The Maple Center Booth!
- Oct. 5** Breastfeeding Coalition Meeting
- Oct. 31** Maternal Health Clinic Parenting Workshop
- Nov. 6-8** ISU Center for the Study of Health,
Religion, and Spirituality
Healing Rhythms: A Research Conference
and Workshop on Music, Movement, Meditation
- Nov. 14** Creating a Path Through Loss:
The Arts as Healing Tools



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Honoring and Remembering Family and Friends of The Maple Center

This section of the Monthly Matters features supporters of The Maple Center

I would like to share my story with Dr. Stienstra over the last year. I had this funny feeling under my arm. It didn't hurt but it wouldn't go away. I decided since I had not had a mammogram for several years I should call and make an appointment with Dr. Stienstra. Fast forward to the biopsy. My husband, daughter and I have been hoping and hoping it was not cancer. I was told they would call me with the results. When the call came from the clinic I was told the doctor wanted to see me as soon as possible. I knew! I just knew! I had cancer! I called my husband and we drove to the clinic in silence.

The doctor came in and said "The news is not good! You have cancer." The questions started right away. Who is my surgeon? What hospital do you want to go to? Do you want a mastectomy or a lumpectomy? We were told I needed to have the surgery right away and they could call and set the appointment up with a surgeon.

At that moment I was not able to think, I looked at my husband and realize he couldn't think either. I reached into my purse and pulled out my cell phone and called to see if Dr. Stienstra could see us for 10 minutes that afternoon. Luckily, she could. I explained to Dr. Stienstra that we couldn't make these life time decisions so quickly. She so calmly said "Tell everyone to slow down and you should have a decision made within two weeks". She explained that we should talk to the radiation therapist, the chemotherapist and a surgeon. We discussed several different doctors and she allowed us to make choices and appointments were made. Over the next two weeks we visited the other doctors and made my decision. At least we felt it was an informed decision.

Dr. Stienstra recommend that I read a book ***How to Prevent and Treat Cancer with Natural Medicine***. The book recommends a Supplemental Program to follow during the different phases my life would be entering into. I agreed to go on the program.

After my surgery, Dr. Tisani told us my cancer has been found in the early stage but it is aggressive and must be treated aggressively. I went back to Dr. Huh and a plan was made; chemo for one year, treatment every three weeks, and 33 treatments of radiation. Up to this point I had never hear of anyone going through chemo for one year. I had no idea how I would make it through the next year.

Dr. Stienstra discussed how to survive the side effects of chemo and radiation. Again, we discussed the Supplemental Program and the possibly of acupuncture before chemo treatments to relieve nausea. From the date of my surgery to the start of my chemo treatments I was able to be on the Supplemental Program for one month. At the time I started chemo my hair and fingernails had never been in such good shape and I felt good and I felt strong. I agreed to try acupuncture.

Before **every** chemo treatment I would receive an acupuncture treatment. I was never sick to my stomach from the chemo. That is not to say I didn't feel bad, I was very tired, I was very weak and I slept a lot but I was able to work. For the first six months all I did was work and sleep. I lost weight along with my hair.

During my acupuncture treatments Dr. Stienstra and I had a chance to talk. She taught me how important it was to keep a positive attitude. She suggested other books for me to read. At first it wasn't so easy to keep a positive attitude but it came to be. I am sure my positive attitude and to visualize myself healthy (also, what Dr. Stienstra taught me) has helped me survive the treatments as well as I have.



One day while at work my supervisor came into my office and made the comment, "Boy! Cancer must really agree with you! You have not looked this good in a long, long time". Now we had been friends for thirty some years but I was stunned. You could hear the gasps in the office. No one knew what to say. All I could think is that I had lost weight. I was wearing a new wig and was feeling pretty good. BUT STILL!

Weeks later I realize what was agreeing with me was my acupuncture treatments, visualizing myself healthy and my positive attitude. A Big thanks to Dr. Stienstra and staff, Dr. Huh and staff and Dr. Tisani. I couldn't have done it without all their help. Thank you Dr. Stienstra for your caring, your love of your job, your staff, your knowledge, your sharing, your insight, and your love of life.

Submitted by Debby Trierweiler



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The Amazing Honey Bee

My husband and I are beginning beekeepers (or bee stewards as we prefer to call ourselves), having just started our hive in June 2009. Our adventures began by taking a weekend class sponsored by Indiana Beekeeping School and offered at Ivy Tech Community College in January 2009. At that time we experienced a lot of education, how to, and the actual building of our hive. We have been interested in bees for a long time and decided it was a good time to make them part of our small farm. Our main reason for wanting to be bee stewards is to help the honey bee make a comeback.



Bees and capped brood where the babies are made.

Like a lot of people we can remember as children and even into our early adulthood that honey bees were always plentiful... so much so that every summer always included numerous bee stings while going barefoot in the backyard. For the past several years the honey bees have been dying at a rapid and alarming rate. Their death is still a mystery to scientists and beekeepers around the world. The most current thinking and research tells us that the overall health of the honey bee is being compromised by factors such as mites, overworked, poor nutrition, pesticides and other chemicals on crops and lawns. Colony Collapse Disorder (CCD) is the term applied to bees that die by the thousands, oftentimes, overnight. There is one source that states if CCD continues at the current rate that all honey bees in the United States could disappear by the year 2035. So, we hope to do our part to help the honey bee become stronger in overall health and numbers.



**Bee Hive Frame
How many bees? 3,000!**

The honey bee has been around for a long, long time and hasn't changed much since the time of the dinosaurs. It is an amazing creature. The scout bees tell the other worker bees where to find the nectar and pollen by a *special dance* and this communication system has not been observed in any other type of insect. The role of the honey bee in pollination of many types of plants, crops, etc is vital for human beings. Some sources say that the **honey bee is responsible for one out of every 3 bites that a person takes** because the crops to grow our food are so dependent on pollination.

Of course, honey is a wonderful creation of the honey bee. Honey is a delight to the palate and has also been used for various medicinal purposes. Honey has antibacterial properties and some people have success with using local honey to help with allergy problems. Of course, it is always best to discuss



**What bee has a red dot?
The Queen!**



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any of these uses with your physician first. It is recommended that honey not be given to children under 1 year of age because of their developing immune systems.

Well, as you can tell, we are quite enthusiastic about “the girls” as they are affectionately known to most bee people. Our own hive has grown a lot this summer. A strong hive often has as many as 60,000 bees. We hope they will continue to be healthy and strong in numbers in order to survive the winter. We will leave all the honey on the hive this year so they will have enough food stores to last them until next spring. Starting in May or June 2010 we will look forward to harvesting some of our own honey. As we do we will give much gratitude to the bees. Several people have asked us if we have been stung by the bees and the answer is yes but not very often. We try to practice bee stewardship that respects the bees and it seems that in turn they show us respect also. We are mostly sad when we do get stung because we know a honey bee lost her life to do so.

For further information on the honey bee one very good website is www.honey.com. There are 2 groups in Indiana that are available to anyone interested in this subject. These are Indiana State Beekeepers Association (www.hoosierbuzz.com) and Indiana Beekeepers Association (www.indianabeekeeper.goshen.edu). There also are many local beekeepers and clubs in the Wabash Valley and surrounding areas that have meetings that anyone interested in bees is welcome to attend. The White Violet Center with Sisters of Providence also has information on the honey bee as well as some active hives.



Bee Hive
2 brood boxes, 20 frames

*Submitted by Karen Cunningham
in partnership with
my husband beekeeper, Gary Elwell*



SAVE THE DATE
SAVE THE DATE

The Maternal Health Clinic is planning a Fall Seminar on **Saturday, October 31st**. The focus is on parenting the infant and young child and will be the topic of our featured speaker, Pamela Hood. A grant was received from Eli Lilly to help with the expenses of this program. Registration will be required, but there will be no cost to attend. Save the date and we will have the details in September.

Maternal Health Clinic: 812-238-7301

*Submitted by Mary Huffman, RN, BSN, MSM, ICCE
The Maple Center Board Member*



Heirloom Tomatoes Stuffed with Corn and Zucchini Succotash

8 slightly firm medium heirloom tomatoes
2 garlic cloves, peeled
3 tablespoons vegetable oil, divided
1 cup chopped tomatoes
2 cups chopped onion
2 cups white corn kernels (cut from 3-4 ears)

3 cups 1/4-inch cubes zucchini (from about 12 ounces)
2 tablespoons chopped fresh epazote or cilantro
1 teaspoon dried oregano (preferably Mexican oregano)

-Core whole tomatoes, creating 2 1/2-inch opening at top. Using melon baller, scoop out tomato, transferring juices and pulp to small bowl (for filling). Turn tomatoes, cut side down, onto paper towels to drain.

-Heat 1 tablespoon oil in large deep skillet over medium-high heat 1 to 2 minutes. Add corn and toss until tender and beginning to color, 2 to 3 minutes. Using slotted spoon, transfer corn to medium bowl. Add remaining 2 tablespoons oil to same skillet. Add onions and sauté until translucent, about 4 minutes. Using garlic press, squeeze in garlic; stir 30 seconds. Add chopped tomatoes and reserved tomato pulp and juices. Sauté until tomatoes are soft, about 5 minutes. Mix in zucchini, epazote, oregano, and corn. Sauté until sauce thickens and zucchini is just tender, about 8 minutes. Season generously with salt and pepper.

-Arrange tomato shells, cut side up, on small baking sheet. Spoon in filling, mounding high.

DO AHEAD Can be made 2 hours ahead. Let filled tomatoes stand at room temperature.

-Preheat oven to 350°F. Bake tomatoes until filling is heated through and tomato shells are just tender, about 25 minutes.



Cherry Tomatoes Stuffed with Marinated Feta

1 7-8 oz package feta cheese, cut into 1/2 inch cubes
2 TBSP extra virgin olive oil plus additional for drizzling

1 TBSP minced shallot
1/2 tsp chopped fresh oregano
1 pound large cherry tomatoes
12 pitted Kalamata olives, halved lengthwise

-Toss cubed feta, oil, shallot and oregano in small bowl. Season with salt and pepper.

-Cut 12 tomatoes crosswise in half. Scoop out pulp with melon baller or small spoon. -Place tomatoes, cut side up, on serving plate. Sprinkle with salt and pepper.

-Stuff hollowed cherry tomatoes with marinated feta. Slide in olive half alongside cheese. Drizzle with additional olive oil.

Can be made 6 hours ahead. Cover and chill.

***Natural Benefits of Eating
Summer Tomatoes:
Vitamins A, K, C, Potassium, Fiber and
Antioxidant Lycopene***

***Recipes Submitted by
Karen Cunningham, LPT
The Maple Center Board Member***

